

Nutritional Data Summary Guide

At Oakhouse Foods, we know eating well is crucial for good health and we take nutrition very seriously. We know how important it is to have all information needed to ensure you can choose the meals which are right for their diet.

Bespoke List

If you need to avoid certain food types, you can still find plenty of delicious dishes in our range. We can create bespoke lists, whether for allergens or preference. Please get in touch, and we can do our best to accommodate your needs.

Dietary Symbols

You'll find dietary symbols clearly displayed next to the dishes in our range which helps to give you a quick snapshot of any key information about that dish.

Our dietary symbols

- LS** **LOW SUGAR**
Less than 5g sugars per 100g.
- ♥** **LOW FAT**
3% fat or less per serving.
- ✓** **LOW CALORIE**
Less than 400 calories for a meal and less than 200 calories for a dessert.
- V** **VEGETARIAN**
Free from meat, fish and their derivatives. These dishes may contain dairy products such as milk, cheese or eggs.
- GF** **GLUTEN FREE**
Free from traces of gluten in accordance with the legal threshold (<20ppm).
- S** **LOW SALT**
Low to moderate salt - 0.3g per 100g or less.



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol						
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍷	🍌	V	GF	S	ED			

Breakfast - Prepared Breakfast

366	All Day Breakfast	400	2320	556	36	11.6	24.4	8.8	5.2	35.2	5	✓						✓
273	Apple & Blackberry Waffle	170	876	207	6.5	1.2	33.7	13.9	3.6	4.3	0.1			✓	✓			✓
161	Apple, Raspberry & Cranberry Porridge	240	1865	446	23	13	56.9	32.6	4.3	7	0.3				✓			✓
975	Apple, Sultana & Cinnamon Porridge	240	1613	384	23.3	13.4	39.1	19	3.1	7.2	0.3			✓	✓			✓
272	Apple, Sultana & Cinnamon Waffle	170	1047	248	6.5	1.2	44.4	24.8	2.7	4.3	0			✓	✓			✓
534	Breakfast Panini	150	1578	377	14.7	3	43.1	1.7	2.6	16.4	2.1	✓		✓				
976	Granola Topped Porridge	215	1929	460	28.8	15.7	44.1	12.9	3.7	9.5	0.3				✓			✓
850	Mini All Day Breakfast	240	1130	269	11.3	4.3	28.8	5.8	5.5	13.7	2.4	✓		✓				
251	The Big Breakfast	460	3271	782	47.4	15.6	41.4	8.7	6.4	49.7	5.6	✓						✓

Breakfast - Make Your Own

110	Brown Sliced Loaf	88	752	178	1.8	0.5	31.8	1.2	6.1	8.5	0.8	✓	✓	✓	✓			
605	Gluten Free Cumberland Pork Sausages	133	1120	267	20	6.7	5.3	0	0	21.3	1.73	✓		✓		✓		
111	Golden Grain Sliced Loaf	88	833	196	1.3	0.5	38.5	0.8	2.7	7.7	0.7	✓	✓	✓	✓			
563	Kipper Fillets	150	1256	302	22.4	4.7	0.2	0	0	25.2	3.8	✓		✓		✓		
G1288	Olde English Sausages	133	1339	320	20.0	6.8	10.5	~	~	21.3	2.8	✓		✓				
G1289	Premium Pork Sausages	133	1337	320	20.0	6.8	10.9	~	~	21.3	2.3	✓		✓				
G1290	Smoked Back Bacon	83	1333	322	25.0	9.2	0.4	~	~	23.3	4.4	✓		✓				
G1291	Unsmoked Back Bacon	83	1313	317	25.0	9.2	0.4	~	~	21.7	4.2	✓		✓				
112	Wholemeal Sliced Loaf	88	692	163	1.7	0.5	29.0	1.2	5.5	8.0	0.7	✓	✓	✓	✓			

See page 1 for a full explanation of our dietary symbols



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol					
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍷	✓	V	GF	S	ED		

Soups & light meals - Baked Potatoes

163	Beef Chilli Jacket Potato	240	1022	245	9.6	5.0	25.9	7.4	4.1	11.5	1.3	✓		✓	✓	✓		
162	Chicken Tikka Jacket Potato	240	982	233	7.7	3.6	25.7	7.4	3.8	13.2	1.6	✓		✓	✓	✓		
194	Filled Potato Skin with Baked Beans & Cheese	260	1373	328	10.9	5.5	42.6	9.1	9.6	16.1	2.6	✓		✓	✓	✓		
322	Filled Potato Skin with Gammon & Cheese Sauce	240	1291	310	16.8	8.9	28.1	2.4	2.6	10.3	1.0	✓		✓				
640	Jacket Potatoes	175	1073	252	0.4	0.0	55.5	2.1	4.7	6.8	0.0	✓	✓	✓	✓		✓	

Soups & light meals - Soups & Broth

989	Broccoli & Stilton Soup	285	1043	265	18.8	6.6	11.7	5.4	2.6	13.7	1.3	✓		✓	✓	✓		
988	Carrot & Coriander Soup	280	585	151	7.3	1.1	16.2	11.8	3.6	3.1	0.8	✓	✓	✓	✓	✓	✓	
227	Chicken & Vegetable Soup	300	1053	252	13.2	2.7	15.6	6	3.9	15.9	2.4	✓		✓	✓	✓		
990	Creamy Mushroom Soup	285	419	131	8	3.1	10.5	1.7	0.9	3.7	1.5	✓	✓	✓	✓	✓		
189	Minestrone Soup	285	587	140	4.8	1.7	17.1	5.4	2	6.8	1.7	✓	✓	✓				
157	Potato & Leek Soup	285	1149	276	18.2	10.6	22.8	8.3	2.3	5.1	2.1	✓		✓	✓			
186	Scotch Broth	285	610	145	2.6	1.1	24.8	8.8	3.1	6.6	1.3	✓	✓	✓				
188	Tomato & Basil Soup	285	482	114	2.6	0.9	20	11.1	1.7	3.7	1.1	✓	✓	✓	✓			

Soups & light meals - Paninis

533	Cheese & Red Onion Panini	160	2123	509	31.4	8.0	42.1	1.3	2.1	13.6	1.9	✓			✓			✓
600	Chicken & Pesto Panini	175	1561	369	9.8	1.9	47.4	2.1	2.6	21.7	2.5	✓		✓				
503	Chilli Chicken & Cheddar Panini	181	1689	402	13.1	7.1	46.2	5.6	3.4	21.0	1.5	✓						
504	Ham, Cheddar & Wholegrain Mustard Panini	166	2045	488	21.9	7.9	53.5	8.8	3.0	20.8	2.0							
505	Pesto, Mozzarella & Sundried Tomato Panini	184	2313	554	30.4	9.8	53.0	5.2	4.2	19.2	2.4	✓			✓			✓
588	Tuna & Red Onion Panini	160	1597	381	16.6	1.6	41.6	1.0	1.9	15.0	2.1	✓		✓				



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol					
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍷	✓	V	GF	S	ED		

Soups & light meals - Light Bites

499	Cheese & Ham Omelettes	120	857	206	16.2	5.6	1.6	1.4	0.0	13.6	0.8	✓		✓		✓			
241	Cheese & Onion Quiche	116	1036	248	14.4	6.1	20.9	3.4	1.0	8.8	1.2	✓		✓	✓				
500	Cheese & Tomato Omelettes	120	804	193	15.4	5.2	1.7	1.7	0.1	12.0	0.6	✓		✓	✓	✓			
514	Coldwater Prawns	165	238	56	0.7	0.2	0.1	0.1	~	12.5	1.7	✓	✓	✓					
213	Quiche Lorraine	116	1097	263	15.1	6.5	19.8	2.8	1.0	11.6	1.4	✓		✓					
551	Sausage Rolls	70	852	204	13.2	6.0	16.3	0.4	0.8	4.8	0.9	✓							
G1292	Smoked Sliced Ham	67	510	122	5.9	2.0	0.3	~	~	16.7	1.0	✓		✓					

Main Meals - British

458	Bangers & Mash in Onion Gravy	360	2102	504	28.1	11.5	42.8	10.4	4.0	21.2	3.8	✓							✓
135	BBQ Beef Brisket with Potatoes and Carrots	430	2176	520	17.2	6.5	62.8	44.3	4.3	23.7	2.6								✓
176	BBQ Chicken Bake	400	2464	588	24.0	6.8	56.4	25.6	4.8	34.0	2.8								✓
206	BBQ Pork & Beans	400	1752	412	6.0	1.6	68.4	13.6	2.4	25.6	1.2	✓	✓						✓
286	Beef Stew & Dumpling	420	2167	521	30.7	12.6	29.8	8.8	3.8	24.8	2.1	✓							✓
285	Beef & Vegetable Hotpot	400	1660	396	12.4	3.2	39.6	9.2	6.0	28.8	3.7	✓		✓					
392	Cheese & Ham Omelette Meal	400	1352	544	25.2	8.0	56.4	8.4	9.2	25.6	3.0	✓				✓			✓
284	Chicken Breast Wrapped in Bacon	435	1797	426	14.4	7.0	40.9	13.9	4.8	36.1	2.0	✓							
252	Chicken Casserole with Dumpling	400	1940	464	24.4	8.0	30.0	9.2	4.0	26.8	2.6	✓							
299	Chicken Casserole with Herby Mash	400	1324	316	9.2	3.6	33.2	6.8	4.8	23.2	1.8	✓	✓	✓					
841	Chicken & Cider Hotpot	360	1919	457	21.2	10.4	34.9	5.4	5.0	29.9	2.2	✓							
278	Chicken in a Creamy Garlic Sauce	400	3848	920	54.8	26.8	77.2	5.2	4.8	34.4	1.4	✓							✓
879	Chicken in Mushroom Sauce	380	1531	365	11.4	5.7	38.8	5.7	5.3	27.4	2.2	✓	✓	✓					



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol					
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍷	✓	V	GF	S	ED		

Main Meals - British *CONTINUED*

139	Chicken & Stuffing Bake	450	1607	383	13.5	4.1	30.6	6.3	3.6	31.1	2.3	✓	✓	✓				
179	Chicken Supreme	400	2168	516	16.4	7.2	59.2	3.2	2.4	31.2	2.9	✓						✓
529	Chicken with Mashed Potato	400	1484	352	9.2	5.2	32.8	6.8	6.0	32.0	2.0	✓	✓	✓		✓		
140	Chicken with Onion Topped Mash	450	1634	473	20.7	10.8	39.2	25.2	2.3	29.7	3.8							
303	Corned Beef Hash	400	1788	428	17.2	6.0	37.2	8.0	8.0	26.8	3.8	✓						
876	Corned Beef Hotpot	340	1567	371	13.6	4.4	44.5	16.0	2.7	20.4	2.6	✓		✓				
304	Cottage Pie	400	1764	420	19.6	9.2	32.4	4.8	4.0	26.4	2.2	✓						
211	Cottage Pie Meal	395	1560	371	15.4	7.1	41.1	7.9	5.5	19.4	1.7	✓		✓				
530	Cumberland Pie	400	2476	592	33.6	15.6	47.6	12.8	6.4	21.6	4.4	✓						✓
944	Cumberland Sausage with Colcannon Mash & Onion Gravy	380	1695	407	23.9	10.6	25.1	0.4	8.0	19.0	1.9	✓						
952	Gammon in Onion Sauce	460	1444	345	7.8	4.1	40.0	9.7	7.4	26.7	3.4	✓	✓	✓				
143	Ham Hock with Parsley Sauce	400	1984	476	26.8	10.4	29.2	5.2	3.6	27.6	2.5	✓						
417	Honey & Mustard Chicken Hotpot	440	2631	629	37.0	19.8	43.1	14.1	5.7	26.4	2.6	✓						✓
352	Hunter's Chicken	400	1772	424	6.4	0.8	59.2	27.2	3.2	29.2	2.3		✓					
173	Hunter's Pie	400	2232	532	26.4	15.2	41.6	6.0	3.6	33.2	2.8	✓						✓
246	Lamb & Beef Pie	420	1764	420	19.7	9.7	29.8	10.1	2.9	26.5	1.7	✓		✓				
205	Lamb Stew	450	2102	500	21.2	10.4	55.8	19.8	5.4	24.8	1.1						✓	✓
234	Lamb with Mint	400	2052	488	18.0	6.0	62.0	7.2	2.0	25.2	1.2	✓				✓	✓	
305	Lancashire Hotpot	400	1440	344	14.0	6.0	29.6	11.6	4.4	22.4	2.2	✓		✓				
659	Liver & Bacon with Colcannon Mash	400	1752	416	12.4	6.1	33.6	0.4	4.8	40.0	2.3	✓						
663	Liver & Onions	400	1532	364	10.4	6.4	40.0	8.0	6.4	24.4	1.4	✓	✓	✓				
152	Liver & Sausages	400	1476	352	11.2	3.6	38.8	6.0	4.8	21.2	2.4	✓	✓	✓				



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol						
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍷	🍌	V	GF	S	ED			

832	Luxury Cottage Pie	435	2623	626	32.6	15.7	46.5	9.1	3.0	32.2	1.7	✓						✓
833	Luxury Shepherds Pie	410	2353	562	27.9	14.8	44.7	7.4	2.9	29.5	1.3	✓						✓
276	Minced Beef & Mash	400	1468	348	12.0	4.8	37.2	5.2	5.2	23.6	2.2	✓	✓	✓				
950	Minced Lamb and Potato Bake	400	1960	468	18.4	7.2	47.2	9.6	5.2	28.8	2.1	✓						
248	Pork & Leek Sausage Casserole	400	2180	520	30.0	12.4	35.2	11.2	2.4	27.6	2.4	✓						✓
596	Pork Faggot with Mashed Potato & Peas	420	1688	403	15.5	6.7	47.5	12.6	6.7	18.9	2.6	✓						
423	Pork with a Mulled Apple Sauce	470	2195	526	25.4	10.8	46.5	21.2	7.5	22.1	2.4	✓						✓
424	Pork with Port & Plum Sauce	545	2545	610	29.4	12.5	54.0	24.5	8.7	25.6	2.8	✓						✓
985	Rustic Cottage Pie	400	1220	436	6.8	3.2	42.8	9.2	6.4	19.6	2.6	✓	✓					
221	Sausages & Mash	400	2104	504	27.2	11.2	44.0	9.2	5.6	22.0	2.9	✓						✓
576	Sausage & Root Vegetable Bake	400	2604	624	35.2	14.8	50.8	10.0	5.6	25.2	3.6	✓						✓
224	Sausages, Chips & Beans	380	2508	597	28.1	11.0	65.7	9.5	9.5	20.5	3.9	✓						✓
250	Sausage in Caramelised Onion Gravy	440	2319	607	38.7	16.3	43.1	14.5	4.8	22.9	2.3	✓						✓
218	Shepherd's Pie	390	1568	374	15.6	8.6	36.7	7.8	5.9	23.0	1.7	✓		✓				
667	Steak Diane	350	1446	347	18.2	11.9	21.7	7.0	2.8	22.4	2.9	✓		✓				
642	Summer Casserole	400	1124	268	9.2	1.2	21.6	3.6	5.2	24.4	2.8	✓	✓	✓			✓	
908	Venison Casserole with Horseradish Mash	420	1466	349	10.1	5.0	40.3	14.7	3.4	25.2	2.3	✓	✓	✓				
645	Woodland Chicken	400	2148	524	23.2	12.8	50.4	3.6	1.2	27.2	2.0	✓					✓	✓

Main Meals - Chinese & Indian

215	Beef Curry	400	1920	456	14.0	5.2	50.4	6.8	4.4	29.2	1.2	✓					✓	✓
652	Butter Chicken Curry	400	2160	516	18.4	10.7	49.6	0.8	6.0	34.4	2.4	✓					✓	✓
878	Chicken Curry & Rice	400	2056	488	16.0	5.2	61.6	3.6	3.2	24.8	2.0	✓						



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol					
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍷	✓	V	GF	S	ED		

Main Meals - Chinese & Indian *CONTINUED*

138	Chicken Jalfrezi	400	1620	388	11.6	1.2	44.4	6.4	4.0	23.6	2.4	✓	✓	✓				
873	Chicken Korma	400	3056	732	32.8	24.4	70.8	9.6	11.2	32.4	2.2	✓						✓
387	Chicken Stir-Fry	430	1716	404	2.6	0.4	55.5	13.8	7.7	36.1	3.7	✓	✓					
874	Chicken Tikka Masala with Rice & Bombay Potatoes	400	2536	604	26.0	11.2	57.2	8.8	7.2	32.0	2.6	✓						✓
242	Fruity Chicken Curry	400	2792	668	32.8	15.6	66.8	30.0	5.6	23.6	1.5					✓		✓
351	Hong Kong Chicken	400	2128	508	3.8	0.4	88.0	53.2	2.8	30.0	1.1		✓				✓	✓
405	Lamb Bhuna	400	1740	412	14.0	2.8	52.0	6.4	3.2	19.2	1.8	✓						
406	Lamb Rogan Josh	400	1708	404	12.0	2.8	54.0	9.2	3.2	20.0	2.1	✓	✓					
977	Prawn Curry	400	2004	476	14.8	8.0	63.6	6.8	1.6	25.6	4.8	✓						
344	Shanghai Beef	400	1404	356	11.6	1.6	56.0	30.0	1.2	20.4	4.4		✓	✓				
233	Sweet & Sour Chicken with Rice	400	2292	544	12.0	2.0	82.8	36.4	2.4	25.2	2.0		✓					✓
595	Sweet & Sour Pork	400	2388	568	13.6	2.4	83.2	36.8	2.4	26.4	2.0							✓
606	Teriyaki Beef Noddles	325	1238	293	4.9	1.3	40.3	15.6	2	19.8	6.18	✓	✓	✓				
426	Turkey Curry	450	3263	779	29.7	19.8	81.9	12.6	5.4	42.8	2.0	✓						✓

Main Meals - Italian, Mediterranean & Mexican

421	Beef au Poivre	415	2170	519	25.3	11.6	32.0	8.3	5.8	22.4	1.5	✓						✓
657	Beef Bourguignon	400	2904	696	38.0	22.4	48.0	7.2	12.8	34.0	4.0	✓						✓
648	Beef in Chianti	350	1159	277	6.7	2.5	28.7	11.9	3.2	21.7	1.2	✓	✓	✓				
471	Beef Lasagne	400	2548	608	26.8	16.4	50.8	6.8	9.2	36.4	3.6	✓						✓
115	Beef Stroganoff	400	2019	479	12.0	6.0	58.8	4.4	2.4	26.8	1.0	✓	✓				✓	
668	Beef & Wild Mushroom Lasagne	420	3221	785	49.6	24.4	54.2	8.4	4.2	28.1	2.5	✓						✓



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol						
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍷	🍷	V	GF	S	ED			

973	Chicken Lasagne	400	2056	492	22.0	8.8	40.0	7.2	8.0	29.2	3.0	✓						
175	Chilli con Carne	380	1991	464	14.4	5.3	58.5	6.1	8.0	27.7	1.2	✓						
658	Coq au Vin	400	3044	728	39.6	24.4	31.6	7.2	11.2	56.0	3.7	✓						✓
875	Italian Meatballs in Tomato Sauce	420	2016	483	18.1	7.1	53.8	13.4	8.0	21.8	2.6	✓						
274	Lamb Meatballs with Penne Pasta	400	2180	520	26.8	8.4	40.0	8.8	3.2	32.4	2.0	✓						✓
418	Lemon Chicken Spaghetti	420	2150	512	21.8	10.9	44.5	10.5	5.0	30.7	2.5	✓						✓
991	Macaroni Bolognese	350	2321	585	18.6	7.7	71.8	13.3	4.6	28.4	1.8	✓						✓
287	Macaroni Cheese with Tomatoe & Bacon	370	3038	725	40.3	23.7	52.9	2.2	3.0	38.1	2.7	✓						✓
992	Mediterranean Chicken	480	2021	480	20.6	7.2	38.9	15.4	7.2	35.5	4.8	✓						
182	Moussaka	400	2472	588	39.6	16.4	30.4	7.6	2.8	29.2	2.1	✓						✓
660	Spaghetti Bolognese	400	1768	420	19.2	8.0	30.8	6.0	4.0	29.2	2.1	✓						
887	Spaghetti Carbonara	400	3332	800	47.6	32.4	58.0	8.8	3.2	32.8	4.2	✓						✓
253	Turkey & Mushroom Stroganoff	400	1852	436	11.6	5.2	50.4	6.0	2.4	36.8	0.6	✓	✓					✓

Main Meals - Fish

882	Beer Battered Cod & Chips	340	2540	609	29.9	2.4	62.2	1.4	3.4	22.1	2.7	✓						✓
235	Breaded Fish Fingers & Chips	300	2643	627	22.5	2.1	90.3	3.3	4.5	21.6	0.9	✓						✓
464	Breaded Haddock Fillet	125	1070	255	10.6	0.9	25.4	1	1.5	13.8	1.1	✓		✓				
883	Breaded Scampi & Chips	300	1617	384	8.1	1.2	64.8	3.6	3.6	13.2	2.4	✓	✓	✓				
676	Cheesy Smoked Haddock Fillet	420	1756	416	15.1	9.5	45.4	4.6	3.8	25.2	1.7	✓						
327	Cod & Prawn Bake	340	1452	466	23.5	13.3	35	5.8	1	29.2	1.9	✓				✓		
593	Cod in Parsley	430	1587	378	11.6	6	34.4	7.7	2.2	33.1	1.7	✓	✓	✓				
240	Cod, Chips & Peas	300	2145	510	18.6	2.7	66.9	1.5	6.6	19.2	0.9	✓						✓



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol						
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	♥	✓	V	GF	S	ED			

Main Meals - Fish *CONTINUED*

245	Fish 'n' Chips	550	3080	732	28.6	8.8	82	10.5	6.6	41.8	1	✓					✓	✓
983	Fish & Potato Gratin	400	2336	556	23.6	11.2	37.6	8.8	2.4	47.6	2.7	✓						✓
306	Fish Pie	400	1752	420	20.8	10.4	28.4	6.8	2.8	28.8	1.8	✓						
329	Salmon & Broccoli Bake	400	2688	648	46.8	18.8	37.2	7.2	4.4	20	1.8	✓				✓		✓
594	Salmon in Watercress	400	1572	376	15.2	3.6	33.2	8.4	6.8	24	2.6	✓		✓				
592	Salmon in White Wine	400	1704	408	19.2	6.4	32.4	7.6	6.8	23.2	2.6	✓				✓		
842	Salmon Pasta Bake	400	2944	704	42	23.6	49.2	2.8	3.2	29.2	3.1	✓						✓
419	Smoked Haddock & Bacon Gratin	400	2072	496	19.2	10.4	39.6	7.2	4.8	35.6	2.4	✓						
884	Smoked Haddock Fishcake & Chips	314	1806	430	13.8	1.6	59.3	1.6	4.4	16.6	3.2	✓						
684	Smoked Haddock Florentine	415	1643	419	17.8	9.5	29.5	6.2	0.8	37.4	3	✓						
136	Smoked Haddock with Cheese & Sweetcorn	400	2068	496	23.6	13.2	44.4	11.2	3.6	29.2	3.2	✓						

Main Meals - Pies

208	Beef & Kidney Pie	360	2110	500	20.9	10.4	50.0	7.9	4.3	28.1	2.2	✓						✓
672	Chicken & Ham Pie	359	2815	675	42.4	15.4	34.1	5.7	1.1	39.1	2.5	✓						✓
261	Chicken & Mushroom Pie	255	1586	380	21.7	8.2	22.4	2.6	1.3	24.2	1.5	✓		✓				
477	Chicken and Mushroom Pie	420	1936	462	20.2	10.5	46.6	6.7	5.0	24.8	2.1	✓						
134	Chicken & Mushroom with Puff Pastry	400	2172	516	23.2	7.6	44.4	7.2	5.2	31.6	1.3	✓						✓
275	Chicken with Ham Hock & Mushroom Sauce	440	2900	691	29.0	10.1	70.8	5.3	2.6	40.0	1.5	✓						✓
255	Chicken, Bacon & Pea Pie	255	2774	666	43.1	16.3	46.2	4.1	2.8	24.7	2.1	✓						✓
427	Festive Pie	450	2489	594	26.1	14.4	55.8	28.4	9.5	29.3	3.3	✓						✓
422	Game Pie	255	2387	594	27.3	16.2	61.7	8.9	3.8	24.5	1.0	✓						✓



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol						
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍷	✓	V	GF	S	ED			

493	Mince Beef Pie & Sautè Potatoes	460	2562	612	29.0	13.8	59.3	7.8	8.3	23.9	1.4	✓					✓	✓
236	Pulled Chicken & Ham Pie	400	2596	620	28.0	10.0	65.6	9.2	3.6	28.4	1.6	✓						✓
407	Steak & Kidney Pudding	190	2154	518	36.1	15.0	33.6	0.2	2.3	13.4	2.2	✓						✓
474	Steak & Mushroom Pie	420	1743	416	17.6	8.4	40.3	8.4	4.2	21.8	1.3	✓						
244	Steak Pie	255	2484	597	38.3	14.0	40.8	3.6	2.3	20.4	1.1	✓						✓
665	Steak & Stout Pie	384	2527	607	39.9	17.3	35.3	9.2	3.5	22.3	3.6	✓						✓

Roasts & Platters

399	Beef Platter	425	1488	353	10.2	4.0	41.2	8.5	6.4	27.4	2.3	✓	✓	✓				
237	Chicken Breast Platter	410	1583	377	9.4	4.1	41.8	2.5	9.4	31.2	2.3	✓	✓	✓				
398	Lamb Platter	430	1144	271	5.6	3.0	28.8	6.5	3.0	24.5	2.4	✓	✓	✓				
987	Luxury Roast Chicken Dinner	565	2254	542	19.8	5.1	52.0	9.6	6.8	36.7	3.3	✓						✓
986	Luxury Roast Pork Dinner	550	2266	539	21.5	5.5	56.1	13.8	7.7	28.1	3.8	✓						✓
425	Luxury Turkey Dinner	585	3212	766	31.0	14.0	79.0	32.8	9.9	32.8	5.5							✓
397	Pork Platter	425	1267	302	9.8	5.1	35.3	9.4	3.8	19.6	3.0	✓	✓	✓				
102	Roast Beef Dinner	400	1560	372	8.4	2.4	43.6	6.4	6.0	27.2	2.3	✓	✓	✓				
104	Roast Chicken Dinner	400	1136	368	2.1	0.5	37.6	3.6	6.0	32.8	2.4	✓	✓	✓				
692	Roast Lamb Dinner	400	1356	320	6.4	3.0	43.2	5.6	7.2	26.5	2.0	✓	✓	✓				
103	Roast Pork Dinner	400	1252	296	6.8	2.0	32.8	6.4	6.0	23.6	2.5	✓	✓	✓				
105	Roast Turkey Dinner	430	1393	331	9.0	2.2	36.6	5.6	6.9	23.2	3.3	✓	✓	✓				
641	Sunday Roast Beef	550	2299	550	22.0	9.4	49.5	11.6	8.3	35.2	3.2	✓						✓

See page 1 for a full explanation of our dietary symbols



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol						
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍷	✓	V	GF	S	ED			

Mini Meals - British

144	Beef & Kidney Stew	250	995	238	7.3	1.8	22.5	5.8	3	18.3	1.9	✓	✓	✓				
851	Beef & Vegetable Hotpot	240	1111	264	9.6	4.3	27.4	5	4.1	17.8	1.9	✓		✓				
258	Beef Stew with Bubble & Squeak	240	1099	262	10.6	2.2	15.4	4.8	2.9	23	0.7	✓		✓				✓
894	Braised Beef, Tatties & Neeps	240	1387	331	15.1	3.6	15.1	6	1.2	19.4	0.5	✓		✓		✓		✓
317	Cauliflower Cheese & Sautè Potatoes	240	1966	475	33.6	20.2	21.1	15.8	2.4	20.6	1.7			✓				
312	Chicken & Mixed Peppers in Creamy Sauce	240	833	199	6.2	1	23.5	1.7	1.2	11.8	1.5	✓	✓	✓				✓
260	Chicken & Mushroom Hotpot	250	1265	300	11.5	3.5	26	5.5	1.8	23.5	0.4	✓		✓				✓
196	Chicken Casserole & Dumpling	240	1056	252	7	2.4	21.8	6.7	1.9	18	2.4	✓	✓	✓				
510	Chicken in White Wine with Rarebit Crumble	260	1521	364	16.9	8.6	19.0	5.5	1.7	28.3	2.6	✓		✓				
415	Chicken, Sage & Onion Yorkshire Pudding	290	1247	299	12.5	5.5	20.9	8.1	3.5	21.8	0.8	✓		✓				✓
156	Chicken & Stuffing Casserole	240	960	230	9.1	1.7	19.9	6.7	2.4	14.6	2.4	✓		✓				
945	Chicken with Mashed Potato	240	480	115	4.6	1.9	12.2	1.7	8.4	15.1	1.4	✓	✓	✓				✓
311	Corned Beef Hash	240	1147	274	10.8	4.1	25	3.6	3.1	17.8	1.4	✓		✓				✓
895	Cottage Pie	240	833	211	5.8	0.7	28.1	6.5	2.6	12.2	1.7	✓	✓	✓				
314	Cumberland Pie	240	1034	288	10.3	3.8	27.4	5	3.6	16.3	1.9	✓		✓				
309	Faggot, Mash & Peas	240	1214	290	14.4	0.2	25.7	4.3	2.4	11.3	2.5	✓		✓				
318	Gammon & Creamy Onion Sauce	240	991	238	11.3	5.5	18	5.5	2.6	17.3	1.8	✓		✓				
209	Lamb & Mint Crumble	250	1695	405	25	12.3	26.5	6	2	20.5	0.8	✓		✓				✓
281	Lamb in Cider	240	1159	276	14.6	7.2	19.9	6	1.7	15.8	0.7	✓		✓				
947	Lamb in Mint Gravy	240	432	161	7.7	0	19.2	3.1	3.1	13	1.4	✓		✓				✓
259	Lamb, Redcurrant and Cranberry Hotpot	250	1383	328	13.3	3	37.5	16.5	2.8	17.3	0.6			✓				✓
893	Liver & Bacon Hotpot	240	1099	262	9.8	3.8	28.3	3.1	2.9	14.9	1.3	✓		✓				



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol							
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍷	🍌	V	GF	S	ED				
579	Liver & Onions	240	994	238	10.1	4.3	22.6	5.8	1.9	15.1	0.9	✓		✓		✓			
581	Macaroni cheese & Pulled Ham	240	1154	278	11	5.5	24.7	6.7	1	21.4	2.2	✓		✓					
416	Minced Beef & Yorkshire Pudding	290	1238	296	8.7	2.8	24.9	10.4	3.8	23.8	0.9	✓	✓	✓					
313	Minced Lamb Hotpot	240	1056	252	11.8	5.5	20.6	12.2	2.4	15.1	1.9			✓					
197	Poacher's Chicken	240	804	192	4.6	1	20.6	10.1	2.4	16.1	1.9	✓	✓	✓		✓			
282	Pork & Apple with a Savoury Crumble	250	1763	420	23.3	12.8	31.3	7.8	1.5	22.5	0.9	✓							
497	Potato Topped Beef & Ale Pie	250	1155	275	13	7	23.5	5.3	3.8	15.5	0.7	✓		✓				✓	
930	Roast Beef Dinner	240	890	211	5.8	1.2	20.2	0.2	2.4	18.5	1.5	✓	✓	✓					
933	Roast Chicken Dinner	240	689	163	3.1	0.7	20.9	0.2	4.8	13	1.3	✓	✓	✓					
931	Roast Lamb Dinner	240	425	108	6.5	0.2	15.6	2.6	4.3	15.4	1.4	✓	✓	✓					
932	Roast Pork Dinner	240	742	175	4.6	1	17.8	4.3	5.5	16.1	0.6	✓	✓	✓				✓	
922	Roast Turkey Dinner	240	1126	271	13	4.6	17	4.8	1.4	15.4	1.4	✓		✓					
853	Sausage Casserole	270	1029	246	11.3	4.9	26.7	8.4	3.2	9.5	2.5	✓		✓					
929	Sausages & Mash	240	996	238	9.8	4.8	26.4	4.1	1.9	11.5	1.7	✓		✓					
598	Sausages with Red Onion Gravy	240	1164	278	15.6	5.5	24	6.2	1.9	9.6	1.4	✓		✓					
190	Savoury Minced Mash	240	1279	305	16.1	7	22.1	6.2	1.9	19.2	2.2	✓		✓					
858	Shepherd's Pie	240	1020	242	10.3	5.5	23	4.6	1.7	15.6	1.3	✓		✓					
854	Yorkshire Pudding with Cocktail Sausages	245	1472	353	18.4	5.4	33.6	6.9	1.7	14.5	1.4	✓		✓					

Mini Meals - Chinese & Indian

338	Chicken Tikka Masala	240	1039	247	7.4	3.1	29.0	8.4	1.9	17.3	1.6	✓		✓					
339	Fruity Chicken Curry	240	1476	353	18.2	6.9	30.5	19.7	3.8	14.6	1.5			✓		✓			
495	Lamb & Beef Keema Pie	240	1284	307	16.1	8.2	26.2	4.3	3.8	13.0	1.6	✓		✓					



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol					
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍷	✓	V	GF	S	ED		

Mini Meals - Chinese & Indian *CONTINUED*

291	Sweet & Sour Chicken & Rice	240	2018	478	9.1	1.0	47.8	47.8	1.7	14.9	0.7					✓	✓	
295	Sweet & Sour Pork	240	1867	444	13.9	2.6	67.9	53.5	2.6	10.8	0.7					✓	✓	

Mini Meals - Fish

849	Cod & Prawn Bake	240	1260	300	14.9	8.4	26.6	3.6	3.6	15.4	1.4	✓		✓				
528	Cod, Chips & Peas	240	1711	408	15.6	2.2	49.2	4.1	7.0	17.5	0.9	✓						
498	Fish Pie with Crumble Topping	250	1710	410	23.3	12.3	21.5	3.8	2.5	25.8	1.0	✓						
310	Fisherman's Pie	240	881	211	9.4	5.8	18.5	3.6	1.9	11.8	1.2	✓		✓				
341	Haddock Smokie	240	958	228	9.4	5.0	14.9	5.5	1.0	21.6	1.6	✓		✓				
601	Fish, Potato & Spring Onion Stew	250	975	233	9.8	4.3	14.5	3.8	1.5	18.0	1.7	✓		✓				
852	Ocean Pie	240	1603	386	22.6	11.0	25.7	2.9	1.7	20.9	1.5	✓		✓				
342	Salmon in Tomato Sauce	240	838	202	7.4	2.6	21.4	8.6	3.1	10.6	1.1	✓		✓		✓		
848	Tuna Pasta Bake	240	1370	329	18.2	10.6	22.6	4.6	1.2	18.5	1.4	✓		✓				

Mini Meals - Italian, Mediterranean & Mexican

496	Aubergine Parmigiana	240	1217	293	22.3	12.2	9.4	7.9	3.6	11.8	1.8	✓		✓	✓			
220	Beef Lasagne	240	1649	396	22.3	10.3	23.5	7.2	1.9	23.8	1.7	✓		✓				
195	Cheese & Broccoli pasta	240	1447	346	17.8	10.1	29.0	4.1	1.9	20.4	1.2	✓		✓	✓			
502	Cheese & Tomato Macaroni Pasta Bake	240	1788	427	25.9	10.8	30.7	6.7	4.6	16.3	1.8	✓			✓			
198	Chicken & Vegetable Ragout	240	854	204	2.4	0.5	20.2	6.7	2.4	20.2	1.7	✓	✓	✓		✓		
336	Chicken Chasseur	240	679	161	2.6	1.0	13.0	4.8	2.2	20.2	1.6	✓	✓	✓				
283	Chicken, Pea & Parmesan Pasta	250	1538	365	15.0	7.3	31.0	7.8	2.5	27.5	0.9	✓		✓				



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol					
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍷	✓	V	GF	S	ED		

942	Chilli con Carne & Rice	240	1363	324	14.9	5.5	31.7	5.8	1.9	23.0	1.4	✓		✓	✓			
193	Goat's Cheese & Sweet Potato Pasta	240	1447	346	17.3	10.3	32.9	7.0	1.9	15.4	1.7	✓		✓	✓			
226	Macaroni Cheese	240	2290	554	40.8	25.4	20.9	3.4	1.2	24.7	2.1	✓			✓			✓
191	Madeira Chicken	240	1834	442	30.0	18.0	22.8	4.1	1.9	20.2	2.3	✓						
967	Mexican Pulled Chicken	240	1330	314	11.3	3.8	43.4	26.6	1.7	11.8	1.4			✓				
335	Spaghetti & Meatballs	240	1615	384	18.0	5.5	40.8	8.2	2.2	19.2	1.7	✓		✓				
466	Spaghetti Bolognese	240	994	238	10.1	3.5	18.0	4.1	3.4	16.6	1.2	✓		✓				
943	Vegetable Lasagne	240	1255	300	14.2	6.2	34.3	4.8	2.9	8.9	0.7	✓		✓	✓		✓	

Vegetarian

257	Butternut Squash & Vegetable Lasagne	430	2782	667	37	19.4	56.8	21.6	4.3	24.5	6	✓			✓			✓
185	Creamy Leek & Potato Bake	450	2853	684	44.1	8.1	54.5	7.2	3.2	15.3	2.9	✓			✓			✓
889	Macaroni Cheese	400	3432	820	50.4	24.8	52.8	12.8	0.4	37.2	2.4	✓			✓			✓
332	Omelette, Chips & Peas	305	1845	442	24.7	8.8	35.7	3.1	6.4	19.2	0.9	✓			✓	✓	✓	
524	Quorn & Vegetable Pie	420	1634	391	11.8	5.5	44.9	10.9	7.6	14.3	2.7	✓	✓	✓	✓			
602	Roasted Vegetable & Chickpea Curry	400	1720	408	10.8	0.8	62.4	8.8	6.4	12.4	2.4	✓	✓		✓			
489	Roasted Vegetable Lasagne	420	1701	407	27.7	7.1	30.7	18.9	5.9	10.5	3.8				✓			
837	Roasted Vegetables & Goat's Cheese	400	1464	348	20.8	11.2	24.4	17.6	6	18	3.4	✓		✓	✓	✓		
203	Vegetable Chilli	400	1756	420	10	3.2	62.8	27.6	13.6	12.4	1		✓		✓		✓	
468	Vegetable Hot Pot	400	1180	284	8.4	2	43.6	9.6	5.2	6.4	2.1	✓	✓	✓	✓			
254	Vegetable Lasagne	400	1444	344	17.6	6.4	32	12	5.6	13.6	1.6	✓		✓	✓			

See page 1 for a full explanation of our dietary symbols



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol						
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍷	🍷	V	GF	S	ED			

Vegetarian - CONTINUED

219	Vegetable pie	400	2032	488	26.4	11.2	47.2	14.4	10	10.4	2.8	✓			✓			
288	Vegetable Rigatoni	400	1680	404	20.4	6	17.6	17.6	5.6	15.2	2.4	✓			✓			
256	Vegetable Tikka	500	2485	595	27.5	11	69.5	14	8	13.5	2	✓			✓	✓		✓
577	Wild Mushroom & Butternut Risotto	400	2512	600	31.2	10	60.4	3.6	1.2	14.4	2.4	✓			✓	✓		✓

Side Dishes

560	Baby Carrots	90	113	27	0	0	6	5.9	2.9	0.7	0.1	✓	✓	✓	✓		✓	
525	Broccoli	90	76	18	0	0	1.8	1.8	3.2	2.7	0	✓	✓	✓	✓		✓	
897	Carrot, Swede & Horseradish Mash	100	238	57	1.7	0.1	9.2	5	2.3	1.2	0.4	✓	✓	✓	✓	✓		
557	Cauliflower & Broccoli Cheese	200	892	214	13	4.6	16.4	2.8	2.2	6.8	1.1	✓		✓	✓			
472	Cauliflower Cheese	400	1920	460	30.8	16.4	29.2	9.6	5.6	16.8	2.5	✓			✓			
400	Cheese & Spring Onion Mashed Potato	240	1543	370	20.4	12.7	33.8	2.2	4.1	10.6	1.8	✓		✓	✓	✓		
552	Dauphinoise Potatoes	200	1288	310	21.4	12.4	21.6	6.4	2	6.6	1	✓		✓				
420	Garlic Baguettes	185	2531	603	25.2	15.9	82.9	1.7	3.5	11.3	2.4	✓			✓			
556	Green Vegetables in a Wild Garlic & Herb Butter	150	627	159	9	4.7	7.2	1.7	4.4	4.8	0.3	✓		✓	✓	✓	✓	
395	Mashed Potato	240	1394	334	16.8	10.6	39.4	2.2	4.3	4.3	1.5	✓		✓	✓	✓		
414	Mini Dauphinosie Potatoes	240	1123	269	16.1	8.9	23.5	5.8	2.2	6.5	1.5	✓		✓	✓			
561	Petit Pois	90	229	55	0.3	~	9.5	0	~	3.6		✓	✓	✓	✓		✓	
294	Ratatouille	400	1508	364	24.0	6.0	19.6	19.6	5.6	11.2	2.4			✓	✓	✓		
549	Sautè Potatoes with Cheese & Rosemary	225	1717	414	29.3	14.9	26.1	5	2	11	0.8	✓			✓			

See page 1 for a full explanation of our dietary symbols



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol					
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍷	✓	V	GF	S	ED		

Desserts - Hot Desserts

613	Apple & Cinnamon Pudding	225	1510	358	6.3	2.7	69.5	22.1	1.1	6.5	0.7		✓		✓		✓	✓
633	Apple Crumble	150	1085	260	11.9	4.8	36.9	12.6	2.7	3.5	0.3				✓		✓	
615	Apple Strudel	125	826	198	8.5	0.1	21.1	11.1	0.8	2.8	0.3			✓	✓		✓	
634	Blackberry & Apple Crumble	150	1074	257	11.9	4.8	35.7	11.1	3.6	3.8	0.3				✓		✓	
200	Bread & Butter Pudding	220	1373	328	13	5.9	44.9	30.4	0.9	7.5	0.7				✓		✓	✓
771	Cherry Sponge with Custard	225	2340	558	23.6	5.6	78.3	53.1	1.4	7.7	1.1				✓			✓
624	Chocolate Pudding	225	2063	491	22.3	5.9	65.9	42.8	1.1	7.9	1.1				✓			✓
608	Jam Sponge & Custard	225	1584	376	6.3	2.7	73.1	22.1	0.7	6.5	0.7		✓		✓		✓	✓
627	Lemon Pudding with Lemon Custard	225	2579	614	21.2	5.9	99.2	72.5	1.1	5.9	0.9				✓			✓
589	Luxury Brioche & Butter Pudding & Custard	250	703	168	7.8	3.3	22.3	17.8	0	2.5	0.3			✓	✓		✓	
590	Luxury Spotted Dick with Apricots & Custard	225	934	223	9.9	4.1	29.5	23.4	0.2	4.1	0.7				✓		✓	
635	Pineapple Upside Down Pudding	225	2061	491	18.7	4.7	74	53.8	0.9	6.5	0.9				✓			✓
429	Red Velvet Melt in the Middle	104	1543	368	17.2	8.4	48.2	32.4	2.6	4.9	1							✓
638	Rhubarb & Custard	185	919	216	3	1.9	44.8	38.1	0.4	2.8	0		✓		✓	✓	✓	
632	Rhubarb Crumble	200	1696	404	16.4	7.4	63.2	32.6	3	5	0.4				✓		✓	✓
620	Rice Pudding	150	666	156	0.3	0.1	29	19.4	0	11.3	0.4		✓	✓	✓	✓	✓	
122	Salted Caramel Melt in The Middle Pudding	125	2099	503	30.6	9.8	49.8	34.1	1.8	5.6	0.8				✓			✓
199	Spotted Dick	238	2021	478	11.2	5.7	86.6	50.9	1.7	7.6	1				✓			✓
970	Steamed Jam Pudding	195	1812	433	19.3	9.8	57.9	25.5	1	6.4	0.6				✓		✓	✓
626	Sticky Toffee Pudding	150	1970	468	18	9.3	72.9	59.7	1.5	3.6	1.1				✓			✓
625	Treacle Pudding	220	2000	475	18.3	4.6	71.9	52.1	0.4	6.6	1.1				✓			✓



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol					
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	♥	✓	V	GF	S	ED		

Desserts - Muffins, Cakes & Pies

494	Apple & Blackberry Pie	145	1300	310	11.0	3.9	49.0	26.0	1.3	2.9	0.2				✓		✓	✓
752	Apricot & Ginger Brulèe	75	825	197	10.8	8.0	22.9	20.9	0.2	2.1	0.2			✓	✓		✓	
537	Arctic Roll	85	859	205	8.8	5.4	28.6	20.3	0.3	2.8	0.8				✓			
754	Bakewell Tart	100	1660	397	20.5	4.4	48.5	23.4	1.3	4.5	0.5				✓			✓
966	Banoffee Pie	128	1614	384	15.7	5.0	57.2	42.9	1.0	2.9	0.3				✓		✓	✓
702	Black Forest Gateau	125	1665	400	27.3	16.6	34.4	26.5	1.6	4.3	0.2				✓		✓	✓
511	Blueberry Muffin	120	1788	426	17.9	1.9	59.2	30.7	~	6.2	0.5				✓			✓
753	Bramley Apple Pie	150	1373	326	11.6	4.7	53.3	31.8	1.5	2.7	0.2				✓		✓	✓
159	Cherry Meringue Pie	132	1382	327	7.8	3.0	60.1	43.7	0.8	3.7	0.3				✓		✓	✓
984	Cherry Pie	141	1665	396	14.1	4.9	61.5	30.9	1.6	4.9	0.4				✓		✓	✓
491	Chocolate Fudge Cake	93	1407	334	9.2	4.7	57.7	46.5	2.3	3.9	0.8				✓			✓
513	Chocolate Muffin	120	1963	473	23.5	4.4	55.7	29.6	~	6.7	0.6				✓			✓
965	Lemon Brulèe	105	1362	326	17.1	6.8	38.4	29.6	0.6	4.1	0.5				✓			✓
723	Lemon Charlotte	75	986	237	15.2	11.0	23.3	18.7	0.2	1.5	0.2						✓	
732	Lemon Meringue Pie	105	1220	290	7.7	2.8	52.5	32.6	0.7	2.8	0.2				✓		✓	
409	Lemon Drizzle Muffin	136	2332	556	22.8	2.3	80.6	35.4	2.3	5.8	0.8				✓			✓
410	Luxury Salted Caramel Muffin	136	2492	596	30.3	4.6	72.8	43.7	1.5	7.1	1.4				✓			✓
408	Triple Chocolate Muffin	130	2737	651	38.0	11.4	68.9	28.6	1.8	8.5	1.0				✓			✓
519	Millionaires Flapjack	100	2009	479	21.8	11.9	65.2	40.2	3.3	4.0	0.2				✓		✓	✓
712	Mini Chocolate Eclairs	17	217	52	3.3	1.8	4.8	3.5	0.2	0.7	0.1			✓	✓		✓	
830	Olde English Lemon Tart	100	1493	357	18.5	11.2	44.2	28.4	0.7	2.9	0.2				✓		✓	✓



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol							
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	♥	✓	V	GF	S	ED				
239	Sticky Toffee Meringue	88	1427	341	16.7	9.7	44.0	35.2	0.8	4.0	0.3				✓				✓
238	Strawberry Eton Mess	80	1180	282	15.2	7.9	33.6	24.8	0.6	2.5	0.3				✓				
701	Strawberry Gateau	125	1406	339	25.8	13.5	24.0	17.3	0.4	3.1	0.4							✓	✓
587	Strawberry Tart	200	1650	394	17.0	10.2	54.8	36.2	1.6	5.2	0.4				✓			✓	✓
160	Victoria Sponge Slice	83	1246	298	15.0	3.8	37.4	26.6	0.8	3.1	0.6				✓				
520	Whole Oat Flapjack	100	2026	483	22.0	8.0	65.2	27.9	0.8	5.8	0.2				✓			✓	✓

Desserts - Trifles & Cheesecake

119	Black Forest Trifle	105	1380	330	19.0	11.4	34.9	28.3	1.8	3.8	0.2				✓			✓	✓
860	Blackcurrant Cheesecake	127	1538	368	21.8	9.3	39.0	25.3	1.1	3.3	0.6				✓				✓
492	Honeycomb & Toffee Cheesecake	120	1829	437	23.0	12.0	54.0	41.0	0.9	4.2	0.4				✓				✓
859	Irish Cream Cheesecake	108	1594	382	24.0	10.6	34.8	23.4	1.1	3.8	0.5				✓				✓
582	Lemon Cheesecake	126	1610	386	21.3	9.2	43.6	32.3	1.1	4.2	0.6				✓				✓
428	Mulled Wine Cheesecake	95	1322	316	16.6	8.9	37.4	21.2	1.0	4.1	0.3								✓
413	Raspberry & White Chocolate Panna Cotta	100	1321	318	25.5	15.8	19.4	18.4	0.7	2.4	0.3								✓
704	Raspberry Trifle	175	2140	511	26.1	15.6	63.7	50.6	1.4	5.6	1.1				✓				✓
742	Sherry Trifle	175	1608	385	22.8	13.7	38.9	35.2	1.4	5.1	0.6				✓				✓
862	Strawberry Cheesecake	133	1576	378	23.4	9.4	38.0	23.9	1.1	3.2	0.7				✓				✓
117	Summer Fruit Punch	95	787	189	12.2	7.3	12.9	11.1	0.3	2.8	0.1			✓		✓	✓		
263	Tiramisu	100	1351	324	21.1	13.3	26.6	20.8	0.8	4.1	0.1							✓	✓

See page 1 for a full explanation of our dietary symbols



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol					
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍓	✓	V	GF	S	ED		

Desserts - Ice Cream & Fruit

536	Blood Orange Sorbet	125	901	213	1.9	1.8	47.3	38.5	0.9	0.4	0	✓	✓	✓	✓	✓
822	Chocolate Fudge Ice Cream	120	684	164	8.6	5.8	19.5	19	~	3.6	0.1	✓	✓	✓	✓	✓
818	Chunky Ginger Ice Cream	120	643	154	8.1	5.6	19.4	19.4	~	3.2	0.1	✓	✓	✓	✓	✓
819	Clotted Cream & Strawberry Ice Cream	120	614	147	7.6	5.3	16.8	16.6	~	3	0.1	✓	✓	✓	✓	✓
817	Clotted Cream Vanilla Ice Cream	120	403	96	5.4	3.8	10.4	10.3	~	2.2	0.1	✓	✓	✓	✓	✓
821	Crunchy Toffee Ice Cream	120	643	154	8.1	5.6	19.4	19.4	~	3.2	0.1	✓	✓	✓	✓	✓
769	Fruit Salad	113	182	43	0.1	0	9.9	9.9	1.2	0.6	0	✓	✓	✓	✓	✓
824	Honeycomb Ice Cream	120	711	170	8.1	5.6	20.5	20.2	~	3.4	0.1	✓	✓	✓	✓	✓
411	Jaffa Cake Ice Cream	120	1261	301	13.3	7.8	41.4	36.2	0.6	4.6	0.1	✓	✓	✓	✓	✓
538	Mince Pie Ice Cream	125	1240	420	14.8	8.4	43.8	37.1	0.1	5.4	0.1	✓	✓	✓	✓	✓
412	Passionfruit Ripple Ice Cream	120	1129	270	11.7	6.8	37.2	32.5	0.2	4.6	0.1	✓	✓	✓	✓	✓
826	Raspberry Sorbet	120	268	64	0.1	0	15.3	15.1	~	0.2	0.1	✓	✓	✓	✓	✓
823	Rum & Raisin Ice Cream	120	643	154	8.1	5.6	19.4	19.2	~	3.2	0.1	✓	✓	✓	✓	✓
828	Strawberry Ripple Ice Cream	100	496	125	8.2	5.6	8.7	7.9	1.2	2.6	0	✓	✓	✓	✓	✓
827	Vanilla Ice Cream	100	470	112	8.8	5.7	12.2	8.2	0.9	2.7	0	✓	✓	✓	✓	✓

Puréed Dishes - Mains

D132	Puréed All Day Breakfast	380	2079	509	31.9	14.8	29.6	8.1	-	21.7	1.5	✓	✓	✓	✓	✓
D116	Puréed Beef Bolognese with Pasta	380	2041	500	33.3	12.6	25.7	7.9	6.6	21.2	1.4	✓	✓	✓	✓	✓
D114	Puréed Beef Stew & Dumplings	380	2119	507	30.2	11.1	35.1	6.3	6.7	20.4	1.8	✓	✓	✓	✓	✓
D112	Puréed Chicken Curry	380	2088	501	32.2	10.9	28.4	5.7	6.2	21.4	1.5	✓	✓	✓	✓	✓
D134	Puréed Cottage Pie	380	2071	502	31.2	11.8	31.5	6.5	-	19.8	1.3	✓	✓	✓	✓	✓



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol							
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	♥	✓	V	GF	S	ED				
D117	Puréed Fish in Creamy Cheese Sauce	380	2107	505	31.2	12.8	32.7	5.5	4.9	20.5	1.6	✓		✓					✓
D111	Puréed Hearty Chicken Casserole	380	2119	510	31	11.1	33.5	5.2	6.2	20.6	1.6	✓		✓					✓
D113	Puréed Lamb with Mint	380	2092	501	30.9	12.9	32.8	5.5	6	19.5	2.1	✓							✓
D119	Puréed Lancashire Hotpot	380	2134	510	30.8	12.8	35.3	6.1	6.6	19.5	1.4	✓							✓
D135	Puréed Omelette in Cheese Sauce	380	2633	635	48.8	21.7	41.8	10.0	-	14.4	1.8	✓			✓				✓
D131	Puréed Potato and Onion Gratin	380	2056	528	37.2	16.3	29.3	5.5	-	14.8	1.7	✓			✓				✓
D121	Puréed Really Cheesy Macaroni Cheese	380	2393	593	38	16.7	41.5	9.9	6.5	15.2	2	✓			✓		✓		✓
D115	Puréed Roast Beef with Mustard Mash	380	2092	502	32.8	11.3	28.5	6.2	5.9	20.5	1.3	✓		✓					✓
D138	Puréed Roast Turkey	380	1881	452	25.0	9.8	32.0	6.5	~	21.0	1.7	✓							
D118	Puréed Salmon in Dill & Cream Sauce	380	2455	590	40.6	14.5	32.3	5.5	5.1	21.5	1.7	✓							✓
D140	Puréed Seasonal Vegetable Casserole	380	2060	521	33.0	14.0	37.0	6.8	~	15.0	1.5	✓			✓				✓
D133	Puréed Shepherd's Pie	380	2136	509	30.8	12.9	35.3	6.1	-	19.8	1.4	✓							✓
D120	Puréed Sweet & Sour Chicken	380	2230	534	32.1	11.6	35	13.1	5.4	23.5	1.3	✓							✓
D110	Puréed Traditional Chicken & Stuffing	380	2093	502	30.2	11	32	5.7	6.2	22.4	1.8	✓		✓					✓

Puréed Dishes - Mini

D130	Puréed Beans on Toast	160	949	227	15.4	3.8	16.0	2.6	-	3.5	0.9	✓		✓	✓				
D106	Mini Puréed Beef Casserole	280	1484	355	20.1	6.5	21.5	2.5	3.9	20.3	1.2	✓		✓					
D104	Mini Puréed Chicken Casserole	280	1419	342	20.7	6.6	19.9	3.4	3.7	16.7	1.1	✓		✓				✓	
D129	Puréed Fish & Chips	280	921	221	9.2	2.8	25.5	2.1	-	7.0	1.6	✓		✓					
D109	Mini Puréed Fishermans Pie	280	1620	399	22.8	9.9	27.1	4.5	3.6	18.7	1.1	✓		✓					
D105	Mini Puréed Lamb with Mint	280	1392	333	20.7	8.5	19.2	3.8	3.4	15.6	1.6	✓		✓					
D108	Mini Puréed Lancashire Hotpot	280	1434	342	20.5	8.3	21.7	4.4	4	15.6	0.9	✓		✓					
D107	Mini Puréed Macaroni Cheese	280	1788	448	27.7	12.2	30.8	6.4	4.1	13.9	1.7	✓		✓	✓			✓	



Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol					
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	♥	✓	V	GF	S	ED		

Puréed Dishes - Mini *CONTINUED*

D139	Mini Puréed Roast Turkey	280	1271	305	15	5.3	23	4.8	~	18	1.4	✓		✓				
D136	Mini Puréed Scrambled Egg on Toast	160	1086	262	22.4	7.2	12.5	1.7	-	3.5	0.8	✓		✓	✓			
D141	Mini Puréed Seasonal Vegetable Casserole	280	1450	372	22	9.1	28	5.2	~	13	1.2	✓		✓	✓			

Puréed Dishes - Desserts

D126	Puréed Banoffee Pie	150	1230	293	10.8	2.7	34.5	21	-	23.8	0.7				✓			
D125	Puréed Chocolate Orange Sponge with Custard	150	1122	267	10.1	2.4	27	13	-	3.2	0.6				✓			
D102	Puréed Chocolate Sponge & Custard	150	1078	256	8.8	3.2	33.7	14.3	0.7	3.3	0.1				✓			
D124	Puréed Fruit Cocktail	150	446	105	0	0	25.5	20	-	0	0		✓	✓	✓	✓	✓	
D100	Puréed Lemon Sponge & Custard	150	1217	289	8.8	3.3	42	23.2	0.8	3.1	0.2				✓			
D123	Puréed Peach Dessert	150	405	96	0	0	24	19	-	0	0		✓	✓	✓	✓	✓	
D122	Puréed Pear Dessert	150	444	105	0	0	25.5	18	-	0	0		✓	✓	✓	✓	✓	
D101	Puréed Rice Pudding	150	563	134	4.4	2.8	20.5	16.1	0.1	3.1	0.1			✓	✓		✓	
D103	Puréed Spiced Apple and Custard	150	825	181	6	2.2	27.5	10.5	1	2.3	0.1				✓			
D127	Puréed Sticky Toffee Pudding	150	1443	347	21	10.1	28.5	19	-	2.3	0.2				✓		✓	✓

Soft & Bite-sized meals

F100	Beef Bolognese	380	1520	365	19.8	23.2	8.4	20.1	9.5	~	1.4	✓		✓				
F104	Chicken Casserole	380	1649	395	17.9	25.8	7.2	23.6	9.9	~	1.3	✓		✓		✓		
F101	Cottage Pie	380	1258	300	19.8	32.3	4.9	9.1	2.3	~	1.3	✓	✓	✓		✓		
F102	Fisherman's Pie	380	1592	380	19.4	41.8	9.5	14.1	6.5	~	1.9	✓		✓				
F103	Lamb Casserole	380	1999	479	24.7	31.9	4.9	27	12.5	~	2.1	✓				✓		
F106	Macaroni Cheese	380	2280	559	14.8	45.6	6.5	34.2	12.5	~	1.5	✓			✓			✓
F105	Vegetable Cottage Pie	380	1398	331	12.9	49.4	6.8	7.6	1.1	~	1.7	✓	✓	✓	✓			



What our customers say...

Great quality food

"Excellent choice of food and a lovely taste- top marks." - **Malcolm**

A wide choice to suit every appetite & diet

"I love the food from Oakhouse food, you have a great range of meals with big and small portions, and great desserts." - **Vera**

Easy order & delivery by our friendly local team

"Good food, nice portions, great service on delivery and all at a reasonable prices" - **Stephen**



Rating at time of writing, 9th January 2018

Photographs indicate serving suggestions. All product information is correct at time of publishing but may be subject to change through product improvement. We always recommend you check the packaging for latest ingredient information. Prices are inclusive of VAT. Products subject to availability. For full terms and conditions please visit our website at oakhousefoods.co.uk/terms-and-conditions. E&OE.



**Dedicated to delicious food
and quality service**

We'd love to hear from you...

If you have any comments or queries about our service or you'd like to find your local branch, please contact us at:

Oakhouse Foods Ltd,
Challeymead,
Melksham, SN12 8BU

0333 370 6700

info@oakhousefoods.co.uk

oakhousefoods.co.uk